

# CONTENTS



List of Illustrations	xiii
List of Tables	xvii
Acknowledgments	xix
Foreword	xx
Introduction	1
<b>1 <i>What is Chemistry?</i></b>	<b>3</b>
Atomic theory of elements	4
Rutherford's atomic model	5
Types of atoms found in essential oils	6
Structure of a hydrogen atom	6
Structure of a carbon atom	6
Structure of an oxygen atom	8
Bonding	9
Atoms that don't bond	9
Types of bonding	9
Symbols, formulae and chemical drawings	11
Chemical formulae	12
Drawing chemical structures	13
Chemical names	15
Functional group names	16
Further reading	16
<b>2 <i>Plants and Essential Oils</i></b>	<b>21</b>
Plant classification	21
How to write botanic names	21
Plant anatomy	23
Essential oil storage structures	27
Plant physiology	27
Photosynthesis	28
Secondary products	28



How plants make essential oil molecules	29
Terpenoid molecules	29
Monoterpenes	30
Sesquiterpenes	31
Phenols and phenyl propanoids	32
Non-terpenoid aliphatic molecules	33
Heterocyclic compounds	33
Variation in essential oil composition	34
Chemotype and effects of geo-climatic location	34
Harvesting time	36
A brief overview of the essential oil industry	38
Further reading	38
<b>3 Terpenes</b>	<b>41</b>
Physical characteristics of terpenoid molecules	41
Polarity	42
Solubility	45
Molecular structure and information	50
Monoterpenes	53
Structure	53
Distribution of monoterpenes in common essential oils	53
Naming	53
Solubility	55
Volatility	55
Reactivity	56
Toxic effects on the human body	56
Therapeutic effects of monoterpenes	57
Essential oils with high percentages of monoterpenes	59
Sesquiterpenes	59
Structure	59
Naming	60
Solubility	61
Volatility	61
Reactivity	61
Toxic effects on the body	61
Therapeutic effects of sesquiterpenes	61
Essential oils with high percentages of sesquiterpenes	63
Further reading	63
<b>4 Functional groups</b>	<b>65</b>
Alcohols	65



Monoterpenols	65
Structure	65
Naming	66
Solubility	66
Volatility	66
Reactivity	67
Toxic effects on the body	68
Therapeutic effects of monoterpenols	68
Essential oils with high percentages of monoterpenols	70
Sesquiterpenols	70
Structure	70
Naming	70
Solubility	70
Volatility	73
Reactivity	73
Toxic effects on the body	73
Therapeutic effects of sesquiterpenols	73
Essential oils with high percentages of sesquiterpenols	75
Phenols	76
Structure	76
Naming	76
Solubility	76
Volatility	78
Reactivity	78
Toxic effects on the body	78
Therapeutic effects of phenols	78
Essential oils with high percentages of phenols	79
Aldehydes	80
Structure	80
Naming	80
Solubility	82
Volatility	82
Reactivity	82
Toxic effects on the body	82
Therapeutic effects of aldehydes	83
Essential oils with high percentages of aldehydes	84
Ketones	84
Structure	84
Naming	85
Solubility	86
Volatility	86

Reactivity	86
Toxic effects on the body	86
Therapeutic effects of ketones	87
Essential oils with high percentages of ketones	89
Acids and esters	89
Naming	90
Solubility	90
Volatility	91
Reactivity	91
Toxic effects on the body	92
Therapeutic effects of acids and esters	92
Essential oils with high percentages of esters	93
Phenyl methyl ethers	93
Structure	93
Naming	94
Solubility	95
Volatility	95
Reactivity	95
Toxic effects on the body	95
Therapeutic effects of phenyl methyl ethers	96
Essential oils with high percentages of phenyl methyl ethers	97
Cyclic ethers or oxides	98
Structure	98
Naming	98
Solubility	99
Volatility	99
Reactivity	100
Toxic effects on the body	100
Therapeutic effects of oxides	101
Essential oils with high percentages of cyclic ethers	
1,8-cineole	101
Lactones	101
Structure	101
Naming	102
Solubility	103
Volatility	104
Reactivity	104
Toxic effects on the body	104
Therapeutic effects of lactones	105
Essential oils with high percentages of lactones	106



Coumarins	106
Structure	106
Naming	106
Solubility	107
Volatility	107
Reactivity	108
Toxic effects on the body	108
Therapeutic effects of coumarins	109
Essential oils with high percentages of coumarins	110
Summary of hazardous and therapeutic properties of functional groups	110
Further reading	110
<b>5   <i>The pharmacology of essential oils</i></b>	<b>113</b>
Pharmacodynamics	113
Binding affinity and specificity	114
Selectivity	114
Drug potency and efficacy	115
Plasma concentration	116
Pharmacokinetics	118
Absorption	118
Distribution	122
Metabolism	124
Excretion	125
Pharmacokinetic pathway of essential oils	127
Determining the therapeutic dosage range of essential oils	127
Interactions of essential oils with pharmaceutical drugs	133
Pharmacological targets of essential oil constituents	134
Interactions with lipophilic cell membranes	135
Solvent effects on cholesterol	136
Anti-oxidant effects	136
Anticoagulant effects	137
Effects on excretion	137
Interaction with glutathione	137
Enzyme effects	138
Inhibition of nuclear transcription factors	138
Inhibition of cyclo-oxygenase and 5-lipoxygenase enzymes	139
Induction of adenylate cyclase	141
Induction or inhibition of cytochrome P450 enzymes	141
Interactions with UDP-glucuronyl transferase	141
Inhibition of mevalonate pathway	142



Inhibition of isoprenylation enzymes	143
Acetylcholinesterase inhibition	143
Interactions with DNA and developmental processes	143
Phototoxicity	144
Hyperplasia	144
Developmental defects	144
Cell membrane ion channel effects	145
Calcium ion flow inhibition	145
Antispasmodic effects	145
Receptor interactions	146
Histamine receptors	146
Antagonism of H <sub>1</sub> receptors	147
Agonism of H <sub>1</sub> receptors	147
Oestrogen receptors	148
Neurotransmitter effects	150
Psychopharmacology	151
Indirect effects of essential oils on mood and cognition via the olfactory pathway	151
The limbic system, mood, odour conditioning and memory	152
Summary of health conditions and applicable pharmacodynamic effects of essential oil molecules	155
Further reading	155
<b>6 <i>Quality control</i></b>	<b>159</b>
Quality control of essential oils	159
Adulteration	159
How can we be sure we are buying good quality oils?	160
Physical measures of essential oil quality	160
Effects of extraction method on essential oil quality	164
Degradation of essential oils	170
<b>7 <i>Isomers and naming</i></b>	<b>171</b>
Geometric isomers	171
Enantiomers	172
Chirality	172
Optical activity of enantiomers	174
Systematic chemical nomenclature	175
Further reading	176



<b>8</b>	<b><i>Molecular structures</i></b>	<b>179</b>
	Common monoterpenes	179
	Common sesquiterpenes	180
	Common monoterpenols	181
	Common sesquiterpenols	182
	Common phenols	183
	Common aldehydes	183
	Common ketones	184
	Common esters	185
	Common ethers	186
	Common cyclic ethers and oxides	186
	Common lactones	187
	Common coumarins	187
	Common furocoumarins	187
	Appendix: Ready reference list of essential oils	189
	Notes	201
	Index	225